

Unit 13 - Basic Restorative Services

Resource Materials/Activities/Notes

Suggested Instructional Resource Materials

- Video on rehabilitation of the disabled
- Ambulation devices and transfer aids

Skill Performance Checklists

- 58. Assisting to Ambulate Using Cane or Walker
- 59. Using Mechanical Lift (Hoyer)
- 60. Performing Range of Motion Exercises
- 61. Assisting to Dangle, Stand and Walk
- 62. Transferring from Bed to Chair
- 63. Transferring from Bed to Wheelchair
- 64. Transferring from Bed to Stretcher

Activities

- Role-play situations having the students encourage resident independence.
- Have the class discuss the importance of motivation in achieving goals.
- List community social service agencies for the elderly.
- Explain how the nurse aide can assist therapists with resident treatment.
- Role-play your action if a resident has buttoned his/her sweater incorrectly.
- Have the class divide into small groups and develop a plan for bowel or bladder retraining for a fictitious resident.
- Have students develop a list of high bulk foods.
- Suggest ways to provide exercise for residents in long-term care facilities.
- Review facility policy and procedures for bowel and bladder retraining.
- Have the class take turns using various adaptive devices to assist with ambulation.
- Speaker: Physical therapist to discuss the use and individual adjustments made to ambulation devices.
- Suggest changes that may need to be made in a resident's room to accommodate an ambulatory aid.
- Have class discuss why exercises would be completed on one side of the body before exercising joints on the opposite side.
- Have the class define the various types of movements used for ROM exercises.
- Suggest ways to label eyeglasses for the resident.
- Have the class practice cleaning eye glasses or sun glasses.
- Have the class discuss the cost of prosthetic devices and why the devices should be handled with extreme care.
- Discuss ways to prevent loss of hearing aids.
- Suggest areas of body where a brace might be applied.
- Discuss the different types of artificial limbs.
- See Unit 4 for review of body mechanics for the nurse aide. Many of the same principles apply to proper use of body mechanics for residents.

- Discuss why a resident may become dizzy if getting up too quickly. Have class share times it may have happened to them and what it felt like.
- Role-play assisting each other to dangle, stand and ambulate.
- Have the class practice assisting each other to fall.
- Discuss why it would be safer to assist a resident to fall instead of trying to prevent a fall.
- Have the class discuss the importance of reporting the observations listed to their supervisor.